

Are you looking for a space to connect with other seniors?

Come join our

Newcomer Refugee Seniors Program

to share, learn and connect!



Newcomer Mental Health and Wellbeing: Promise of Partnership invites all seniors to our virtual drop-in group. We will provide an opportunity to discuss experiences adjusting to life in Canada, learn strategies to support well-being, and build connection and relationships within the group and larger community. This will be a space to share struggles, triumphs and resources while connecting with others.

Who:

Refugee Newcomers who self-identify as Seniors

When:

Every Thursday from 1-2 pm

Where:

On Zoom

To register, please contact:

Promise@carizon.ca
519-743-6333 ext. 2383

*Need access to a computer or internet to join us? Limited equipment available to borrow.